



## Basil and Parsley Pesto

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



227 kcal

CONDIMENT

DIP

SPREAD

SAUCE

## Ingredients

- 0.3 cup olive oil
- 2 cloves garlic
- 0.3 cup pinenuts
- 1 cup basil fresh
- 0.3 cup parsley fresh italian
- 0.3 cup parmesan cheese grated
- 1 tablespoon lemon zest grated

## Equipment

food processor

## Directions

In food processor, process oil, garlic and pine nuts until pureed. While processor is running, add basil and parsley a little at a time.

Add cheese and lemon peel; process until smooth but slightly textured.

## Nutrition Facts



**PROTEIN 6.46%** **FAT 87.81%** **CARBS 5.73%**

## Properties

Glycemic Index:33, Glycemic Load:0.22, Inflammation Score:-6, Nutrition Score:12.003478250426%

## Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 227.04kcal (11.35%), Fat: 23.02g (35.42%), Saturated Fat: 3.39g (21.2%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 2.56g (0.93%), Sugar: 0.54g (0.6%), Cholesterol: 5.44mg (1.81%), Sodium: 112.56mg (4.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Vitamin K: 100.72µg (95.93%), Manganese: 1.1mg (54.77%), Vitamin E: 3.11mg (20.71%), Vitamin A: 690.61IU (13.81%), Phosphorus: 112.32mg (11.23%), Vitamin C: 8.56mg (10.38%), Copper: 0.19mg (9.28%), Magnesium: 36.74mg (9.18%), Calcium: 77.71mg (7.77%), Zinc: 1.11mg (7.37%), Iron: 1.19mg (6.59%), Potassium: 125.69mg (3.59%), Selenium: 2.51µg (3.59%), Folate: 14.22µg (3.55%), Vitamin B1: 0.05mg (3.45%), Vitamin B2: 0.06mg (3.42%), Fiber: 0.83g (3.31%), Vitamin B3: 0.62mg (3.09%), Vitamin B6: 0.05mg (2.47%), Vitamin B12: 0.08µg (1.41%)